

# Fairfax County School Health Promotion September Newsletter Articles & Morning Announcements for Elementary School

***September Energy Train: 9 Hours of Sleep, 5 Fruits & Vegetables and 1 Hour of Exercise Daily!***



## Section 1: Newsletter Articles

### Very Short:

#### **Be Sure to Get Off to a Healthy Start This School Year!**

- Be active for at least 60 minutes every day.
- Start each day with a healthy breakfast.
- Eat 5 colorful fruits and vegetables daily.
- Limit soda and other sugary drinks.
- Get 9 hours of sleep each night. Remember... Sleep for 9 and you will SHINE!

### Short:

#### **Get off to a Healthy Start this School Year!**

**9**

**Get at least nine hours of sleep per day.** Insufficient sleep leads to a higher risk of childhood obesity. When we are tired, we often reach for quick, unhealthy snacks to help keep us awake and/or talk ourselves out of being active due to fatigue.

**5**

**Aim for five servings of vegetables and fruits per day.** Eating at least five servings of vegetables and fruit each day promotes good health, including lowering one's risk of obesity, heart disease, birth defects and some types of cancer and high blood pressure.

**1**

**Get at least one hour of physical activity per day.** Children should engage in at least one hour of physical activity each day. It can be broken up into 10-minute increments; it does not need to be done at one time. Encourage your child to participate in activities that are both enjoyable and age-appropriate.

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This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.



## Section 2: Morning Announcements

### Two-Student Dialogue

{start speaking}

**Student 1:** Can you believe summer is over?

**Student 2:** I know, now we have to get back into the swing of school.

**Student 1:** Do you find it hard to start going to bed earlier now that school has started again?

**Student 2:** Yes, I know I need 9 hours of sleep each night. My mom is making sure I go to bed on time!

**Student 1:** I played outside all summer and got lots of exercise. Now that school has started, it is hard to get 60 minutes of exercise every day!

**Student 2:** Oh that is easy to do. In school we have recess and P.E. -- that counts! I like to ride my bike after school. But is hard when it is rainy and we can't go outside.

**Student 1:** Why don't the teachers have us do exercises every hour for 60 seconds at our desks?

**Student 2:** Great idea! Jumping jacks and running in place at our desks would be so easy to do.

**Student 1:** Another start to a healthy school year is to eat breakfast every day.

{END}

### One Student Monologue(#1)

{start speaking}

Let the energy train begin. It is the start of the school year. How do we keep our bodies healthy and strong?

- Be active for at least 60 minutes every day.
- Start each day with a healthy breakfast.
- Eat 5 colorful fruits and vegetables daily.
- Don't drink too much soda and other sugary drinks.
- Get 9 hours of sleep each night.
- Limit recreational screen time (TV, video games, and computer) to less than 2 hours per day.

{END}

(cont'd)



One Student Monologue(#2)

{start speaking}

School is in full swing so let's do a quick check:

- How many of us get 9 hours of sleep each night?
- Are you eating 5 fruits and vegetables every day?
- Are you getting at least 1 hour of exercise every day?
- Remember to live healthier lives and get off to a good start this school year, we need to do all these things every day!

{END}

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